VOL. I No. 2 Naval Regional Medical Center, Orlando, Florida 1 January 1979

HMCS LILES RETIRES

Senior Chief George Franklin Liles, USN, retired after twenty-five years of honorable service. His retirement ceremony was held in front of the Administration Building on 19 December 1978.

HMCS Liles enlisted in the Navy on 8 April 1953 at Columbus, Ohio. Some of his duty stations included Naval Hospital, Portsmouth, NH, USS COLUMBUS (CA - 74), Naval Hospital, Philadelphia, PA, Second Marine Division, Third Marine Division in Vietnam and Naval Station in Norfolk, VA.

HMCS Liles was awarded the Navy Commendation Medal with Combat V, Navy Achievement Medal, Purple Heart Medal (three awards), and seven Good Conduct awards during his career.

Senior Chief Liles and his family plan to reside in the Orlando area.

General Lewis W. Walt, USMC (Ret.) attended the ceremony as a personal guest of Senior Chief Liles and an an official guest of the command. Music for the ceremony was furnished by U. S. Navy Band Orlando.

Pipe: Hand SALUTE!

GENERAL WALT PRESENTS LETTER OF COMMENDATION TO HMCS LILES

Accepts Commission

HMC Walter M. Young, USN, NRMC Annex, has accepted a permanent appointment to Ensign, Medical Service Corps, USNR.

Ensign Young will be transferred in January to the Naval School of Health Sciences, Bethesda, for indoctrination and further transfer to the Naval Regional Medical Center, Corpus Christi, Texas.

WHOOOIZZIT??

DO YOU KNOW THIS STAFF MEMBER??
(Answer on Page 8)

Santa was loaded!

Santa Claus, played by the Navy Wives' Club, Chapter 267, paid a visit to the recruit patients at NRMC Annex. Their gift bags were loaded.....! To each patient, a red stocking filled with needed personal items and fresh fruit. To the wards at large: $50 in coins for personal phone calls, two electric razors for the male wards, a hair dryer for the female ward, and a remote control TV game for the psychiatric ward.

These good samaritans do not confine their activities to the Christmas season. Their "Hospital Cart" filled with stamps, writing paper, pens, shampoo and other personal articles, makes daily visits to the patients.

The funds to support this good work are raised by the operation of a thrift shop located aboard NTC.

Our heartfelt thanks to the ladies of the Navy Wives' Club, Chapter 267, who have so unselfishly devoted their time and effort to make our patients more comfortable during their stay. Our best wishes go to each one of them for a happy and prosperous New Year.

VITAL SIGNS STAFF

Editor:
HMCM(SS) R. C. Clements, USN
Managing Editor:
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CDR N. J. Stewart, NC, USN
HM1 G. A. Coy, USN
HM2 S. P. Foster, USN
HM2 R. G. Greene, USN
HM3 D. A. Shelley, USN
HA E. KEHOE, USN

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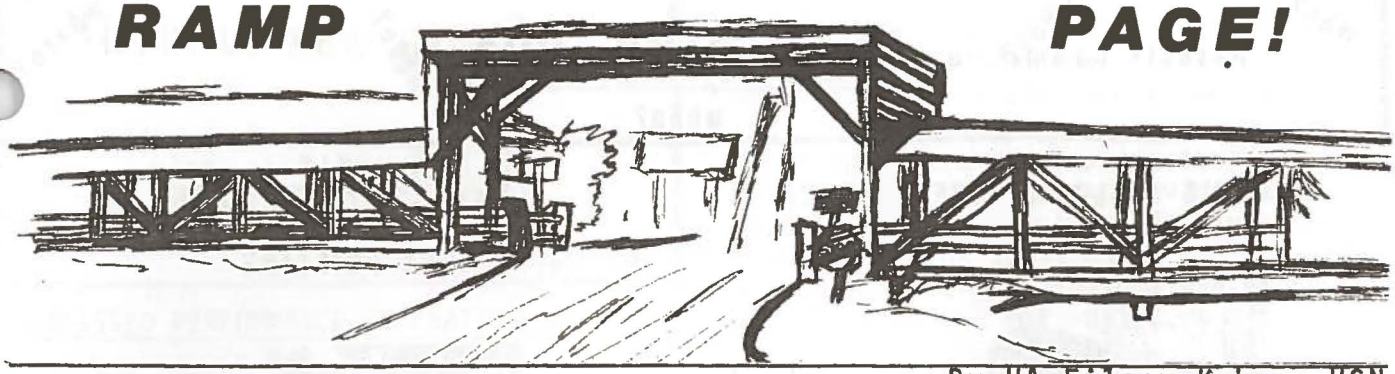
Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

Content of this publication does not necessarily reflect the official views of the Department of Defense. All copy submitted for use in VITAL SIGNS must reach the Editor's Office, H-00B-1, Bldg. 3000, by noon of the 16th of the month.

VITAL SIGNS reserves the right to edit or reject copy to comply with its policy. In reprinting material appearing in VITAL SIGNS appropriate credit must be given.

RAMP PAGE!



By HA Eileen Kehoe, USN

If you were CO for a day . . . . .

HMC Donald Crisp, Outpatient Service: I would pray that God would give me more wisdom that I could utilize the money we have available to us now more advantageously to better serve the active duty personnel and the retired community.

John D. Hardeman, Food Management Service: I'd give everyone a day off!

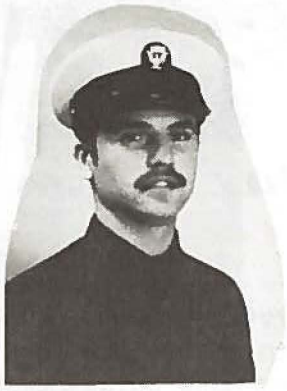
HM3 Jan Novello, Laboratory Service: The first thing I would do would be to get rid of all the roaches. I would also allow the overnight watchstanders to sleep in the area where they stand their watches. If you stand your watch in the Lab, you sleep in the Lab.

Mrs. Patricia Barbour, Patient Affairs Service: I would institute a more in-depth indoctrination program for all personnel reporting aboard both military and civilian.

THE FIVE W'S

who? what? when? where? when?

NRMC'S SAILOR OF THE QUARTER



Petty Officer Second Class Scot Sturzebecker, USN, a Medical Repair Technician at NRMC Orlando, was selected as Sailor of the Quarter, Fourth Quarter 1978. He has been cited on many occasions for his leadership and supervisory ability as a Watch Section Leader in the Outpatient Department. His technical competence as a Medical Repair Technician has been recognized during his tour by both civilian and military medical equipment suppliers. HM2 Sturzebecker has been selected to attend an advanced Medical Repair Technician course of instruction.

COMPLETES COURSE

Blondeen Hammond, Patient Affairs Service, recently completed the American Medical Record Association Course to become an accredited Medical Record Technician. On her own time, she completed the 18 month correspondence course and then successfully passed the AMRA nationwide exam.

LEADERSHIP AWARD TO HMCS PHILLIPS

Senior Chief Petty Officer Joseph W Phillips is the first recipient of the Semi-Annual Senior Enlisted Leadership Award.

Senior Chief Phillips has been stationed at NRMC since July 1974. He was the first Bureau assigned Career Counselor at NRMC Orlando. He has worked in Educational Services in addition to his current assignment as Assistant Military Personnel Officer.

Senior Chief Phillips was cited for his exceptional leadership qualities and his involvement in many community activities at the NTC Annex. He has served as the command representative on the NTC Annex housing council, Oceans 24 Club advisory council, President of the CPO advisory group and many positions of responsibility in the Orlando Youth Sports Association during the past four years.

HMCS Phillips and his family will depart the Orlando area in mid January for Hawaii, where he will be station aboard the USS BRYCE CANYON (AD-36). We wish him "smooth sailing and following seas."

PIPE . . . .

NINE

HMCM J. H. PHILLIPS, USN

ENLISTED PERFORMANCE EVALUATION SYSTEM

The most crucial facet of the enlisted selection and advancement process is the performance evaluation. Supervisors should have this thought foremost in their minds when preparing an evaluation. Unfortunately, the vast majority of performance evaluations, when initially submitted, are of shoddy quality. Inconsistencies between marks and write-up are the most common discrepancies. Identifiable downward trends in marks are seldom explained. First marks at a new command are invariably lower from the individual's evaluation history.

The evaluation writer must understand that the evaluation that he or she is writing will be read by people on a selection board and/or the detailer and not by some bureaucrat in Washington. Duties and achievements should be described in language which is neither too vague nor too technical.

The evaluation drafter must distinguish the ratee from all others. Incidentally, the use of the impersonal term "ratee" is not very impressive. The drafter, in a very real sense, represents the first stage in the selection process. The selection board wants to be told of the specific important traits which really separate the candidates from their contemporaries and why they should be selected over other fine candidates.

The evaluation drafter must be able and willing to make the essential distinction between the better and the best candidates, and to support the distinction with concrete, hard hitting reasons. Traits which have been discussed in detail in previous evaluations from the same command need not, unless they change, be repeated in equal detail. The drafter should use the opportunity to add new facts to the candidate's history. The selection boards are interested in growth and improvement, and the writer should focus upon recent achievements and potential rather than upon previous level of performance. No premium is given to the number of words used, and in fact, many of the shorter evaluations are among the hard hitting and persuasive.

Your Command Master Chief has considerable experience in the evaluation system and is available to all hands to discuss the process.

Oakleaf Auxiliary

By Mrs. Barbara Smith

Our congratulations to the staff of VITAL SIGNS! We all agreed that the concept of a newspaper was outstanding, but I'm sure no one expected the professional quality displayed in the first edition.

We wish to thank Mrs. Janet Zimble for being hostess of our December function. We were disappointed a bus could not be arranged to take us to the Art Center, but with excellent navigation not one car was lost from our caravan from the Officer's Club to Lock Haven! We also wish to thank the staff of the Art Center for being so gracious. Our art theme continues on 4 February and we hope you can all attend a very special art auction at the Navy Exchange Cafeteria. We can assure you OWC is planning a spectacular affair so please mark that date on your calendar.

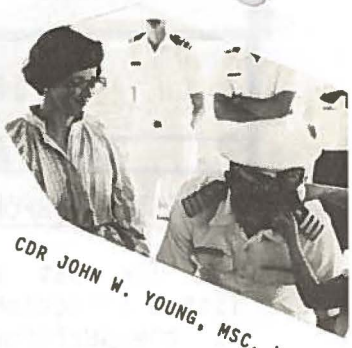
As we give thanks this holiday season, remember - The Navy takes care of its own. Navy Relief desperately needs volunteers! If you can spare time to help members of your Navy family who are in need, please contact Charlotte Romano at 339-3013.

The Oakleaf Auxiliary wishes everyone peace, joy and prosperity throughout the New Year.

IT WAS A TIME.....

CDR JOSEPH J. SMITH, MC, USN

LCDR ALBERT D. SALEKER, MSC, USN



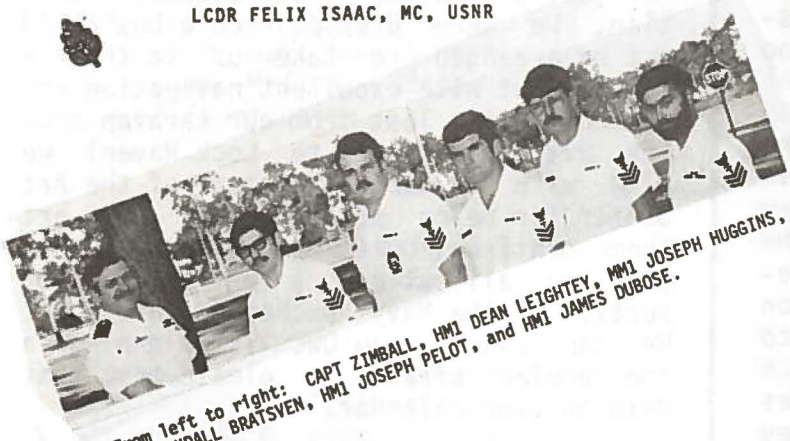
CDR JOHN W. YOUNG, MSC, USN

LCDR LARRY H. JOHNSON, MC, USN

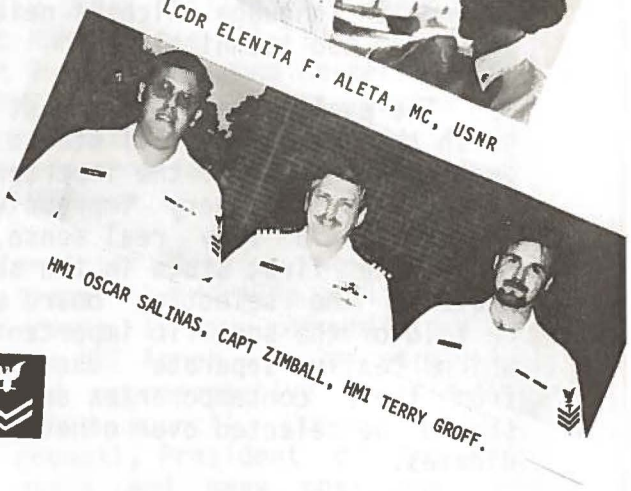
LCDR MICHAEL L. ADAMS, MC, USNR

LCDR FELIX ISAAC, MC, USNR

LCDR ELENITA F. ALETA, MC, USNR



From left to right: CAPT ZIMBALL, HM1 DEAN LEIGHTEY, HM1 JOSEPH HUGGINS, HM1 RANDALL BRATSVEN, HM1 JOSEPH PELOT, and HM1 JAMES DUBOSE.



HM1 OSCAR SALINAS, CAPT ZIMBALL, HM1 TERRY GROFF.

From left to right: CAPT ZIMBALL, HM2 CATHERINE SUMMITT, HM2 ROBERT GREENE, HM2 JOHN FAUSSET, HM2 MICHAEL ROCK, HM2 BRUCE JENKINS, HM2 SCOT STURZEBECKER, HM2 ANTHONY MAYO, HM2 PAUL AVIDON, and MM2 JOHN DUNN.

From left to right: HM2 SUSAN FOX, HM2 BRENDA PEPPER, HM NORETTA HARDING, and HM2 ROBERT CANNADY.

TO BE FROCKED!

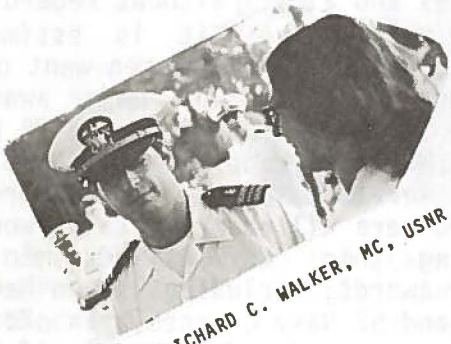
LCDR CAROLYN CARLTON, NC, USN

LCDR BRUCE D. GUY, NC, USN

LCDR RAMON E. BAEZ, JR., MC, USNR

LCDR MICHAEL L. MITCHELL, MSC, USN

LCDR JOHN M. TATUM, MC, USNR



LCDR RICHARD C. WALKER, MC, USNR

Front row - left to right: HM3 VICKIE LOFARO, HM3 TREVA SHAW, HM3 RAYMOND CLARK, and HM3 KEVIN JOHNSON.
Back row - left to right: HM3 MATTHEW TINNEY, and HM3 MARTIN RIZZO.

Front row - left to right: CAPT ZIMBALL, HM3 TERRI HULBERT, HM3 DONNA WALTERS, HM3 PATRICIA MCNAMARA, HM3 LUCILLE MAAHS, HM3 JAMES MARTIN, HM3 CHERYL RUFF, HM3 BELINDA HERNANDEZ, and HM3 PATRICIA INGERSOLL.
Back row - left to right: HM3 GARY BURGESS, HM3 JOE MAYES, HM3 JACK FADDEN, HM3 ALAN SMITH, HM3 RICHARD PRESTON, and HM3 MICHAEL SCOTT.

IM2

NURSING SERVICE

CDR N. J. Stewart, NC, USN

COMMUNICATION

Major problems occuring in large institutions are often caused by misunderstandings. The best method to alleviate misunderstandings is to improve

COMMUNICATIONS

We can never be sure of what is going on in the minds of others but an educated guess tells me that most people think POSITIVE ..... about their job and NRMC ..... it would be naive to think that everyone has a positive attitude. There are always those who think negatively about what is going on or what they THINK is happening.

It is everyone's responsibility to keep each other informed about what is going on. Communication should travel in both directions. Communication keeps people informed and puts a stop to rumors.

It's very natural for folks to think and talk about situations that have happened in their work space. It is human to be curious and it is human to talk about things that go on, things that could happen, things we would like to see happen or things that we hear via the ramp vine that are supposed to happen.

We can never be sure that everyone will interpret what we say in the way that it was meant. We can never be sure that folks will react positively even if it is in their best interest. Some can be negative even about obviously good things. That is why it is so darned important for folks to have as much information as possible. Everyone needs to know what is going on and why.

****

The Nursing Service would like to acknowledge HN Marsha Moss, who voluntarily presented a special class on Ward 8 on the EKG. The class was well prepared and most beneficial to those attending.

HAWK-AYE

Tells it — The Way It Was!

By Geo

CORPS HISTORY

From the late 1700's to the present time, from "waisters" to "Hospital Corpsmen", U. S. Navy enlisted personnel of the Medical Department have served with honor and dedication to their country, the armed forces and their shipmates. Navy medical personnel have participated and accompanied virtually every type of force, both military and civilian, into the field at any time and anywhere the American flag was shown. Corpsmen have gone under fire in all situations from almost every major power that ever pretended to threaten the freedom of others or the principles for which our great country was founded. It is interesting to note that in peace and in war there is no other single, non-combat group that has sacrificed so much. Their sacrifices are not just confined to the line of duty but are voluntarily made whenever the need arises and always without regard for their own well being. It is estimated that during WWI, 1,500 corpsmen went overseas. They received 460 major awards, including two Medals of Honor and 55 Navy Crosses. WWII saw approximately 130,000 corpsmen serving in the armed forces. Nearly 900 were killed or mortally wounded. During this conflict, corpsmen won 820 major awards, including seven Medals of Honor and 52 Navy Crosses. In Korea, corpsmen were awarded five Medals of Honor. Four posthumously to corpsmen who gave their lives while saving others. Vietnam was a repeat with 560 corpsmen killed. A large number of medals and citations were awarded corpsmen including three Medals of Honor. Today, the Hospital Corpsman works in a peacetime Navy. While not faced with the threat of an enemy's gun, his job still demands the utmost devotion, determination and skill. These traits, and the willingness to sacrifice, will continue with the Hospital Corpsman. He has surely earned the title of the U.S. Navy's "Most Honored Men."

CWRA XMAS PARTY

NRMC's Civilian Welfare Recreation Association pulled out the stops and put on a super Christmas Party on 22 December for all of the Staff. The Association, headed by Joyce Dover with her able staff of Doris Villar, Joyce Hawkins, Larry Glen, Joseph Callender and Al Larrivee, planned a marvelous buffet and to top off the festive occasion, each guest received a fruit cake. The party certainly set a record for having the most guests in attendance. Congratulations are in order for the Association's fine efforts. They certainly had to realize a tremendous sense of satisfaction when they saw the happiness and fellowship of the staff as they enjoyed the party.

The Three Wise Men, Santa Claus and WHO?

The Three Wise Men (Larry Brown, Steve Foster and Tom Castle), Santa Claus (WO Woodruff) put on an impromptu floor show at the Staff Party. By the way, that is Larry Zimmerman in the middle, accompanying them on the organ.

CLINICAL ASST. CLASS

There will be a Clinical Assistant's class up-coming in February. Watch the POD for details!

ATTAGIRL!

LCDR Carolyn Carlton, NC, USN, has been training the Winter Park Police Department in Cardio-Pulmonary Resuscitation. She started the training over six months ago and now returns once a month for re-certification. As a reward for her "on-going battle" to keep the Winter Park Police certified in CPR, she was recently presented a certificate from the Chief of Police.

"SALE" LOCKER

FOR SALE: Samoyed Puppy. Female. AKC registered with papers. 8 weeks old. $150. Call 859-0505. HM3 Avidon.

FOR SALE: Stamp Collection. Thousands of singles and sets. Ideal for amateur. $50. 647-1354 evenings.

FOR SALE: Apartment sized washer - excellent condition. $40 or best offer. Call X4781 or call 678-5342 after 5:30 p.m.

Chaplain's Comments

By LCDR I. O. CARTEE, CHC, USNR

TRY FAITH AND WATCH WHAT HAPPENS

We humans tend either to plan too much for the future which has not come, or to dwell too much on the past which can never return. At the same time we neglect the present, and it is the only time we have. The present is the only time we can make the most of anyway. As we make our way through life, one day at a time, what we need most is a big shot of faith to boost our sagging spirits. We all need an injection of a vibrant quality that will change our attitudes and provide a dynamic motivation in our lives. Too bad we can't go to the pharmacy and get some faith pills to take. Too bad that we can't take a syringe, draw faith from a bottle, and inject it into our veins. We mix into the crucible of human experience many ingredients, experiences and things. Dare we leave faith out of our formula? Faith is a vital ingredient that infuses the believer with new energy, joy and a sense of well-being. It can bring us to a higher level of thought and action. Faith is a vital element that is needed in all our lives. Think of it, faith has it's own eyes. We can see God with the eyes of faith. Faith enables us to see beyond today, beyond our time and place, and beyond our circumstances. Faith is not a gritting of the teeth, a bearing down, and a trying to create a good feeling within ourselves. Moreover, faith is a quiet surrender of ourselves, all our yesterdays, our today and our tomorrows, to God. Try a little more faith in your life and watch what happens.

Family Line "QUOTES"

"Leadership lights the way. Ignore it and your limit is the work of your own two hands. Learn it, and your limit is the world and the sky above it."

Author unknown

the Family Line .....

By CDR C. VICTOR ROMANO, MC, USNR

people profile ....

LT Aurelia Nowak, NC, USN, is one of our family nurse practitioners who is assigned to the NRMC unit. LT Nowak claims Milwaukee, WI, as her home, but fortunately, or unfortunately, they don't claim her. Therefore, we at the hospital are forced to have that honor! It seems Milwaukee would rather be known as "the beer capital of the world" and not as the birthplace of Miss Nowak.

LT Nowak has been in the Navy for 5 years and seems to enjoy it. The Navy was not her first choice as she had planned on a career in the Peace Corps, but Miss Nowak soon changed her mind when she realized she could not wear a pretty blue uniform with gold trim and a bucket on her head. LT Nowak can be seen in town driving a green LeMans at the "upper limits of normal," but seems to have it under control. Miss Nowak enjoys football -- especially the Green Bay Packers, music and dancing. Speaking of her dancing, Miss Nowak has had many opportunities to display her talents at several of our famous disco clubs in Orlando. One night, she danced so much she injured her knee. This injury caused Miss Nowak to have an operation but the surgery was successful. With good physical therapy, Miss Nowak has made remarkable progress and is once more doing a full days work.

Miss Nowak is a charter member of the NRMC Prime Time Players and has performed at many hospital functions. As a matter of fact, they still talk about the Christmas party of 1977 when she did her famous dance for Captain Powell!

It truly is a pleasure to have a young lady like Miss Nowak on our staff and all agree that Family Practice would not be the same without our Miss "Statwak."

Federal Women's Program

By Gail Wold, NRMC's FWPM

CAPTAIN'S CALL FOR CIVILIAN STAFF

First thing first.....Captain Zimble has agreed to hold a Captain's Call for civilian employees and a memorandum went out soliciting your questions, comments, etc. As of now, seven questions have been received. Come on folks, I've heard that many just talking to one person. Now is your chance to clear the air and let the Commanding Officer know how his civilian populace feels. This could be a great way to start off the New Year - it's up to YOU. Get your questions in and be on ward 17 in the William G. Lawson Room at 1330 on the 15th of January to hear the answers.

....

Attendance for "Issues on the November Ballot" was poor though the presentation was excellent and well received by those who did attend.

....

The In-House program on "Upward Mobility" was stirring to many employees but the question has yet to be answered about the Upward Mobility program at NRMC Orlando. Maybe that would be a good question for Captain Zimble on the 15th!

....

There have been many contributions in the form of ideas and suggestions for the In-House programs and for the women's program in general. They, and all others, are needed and appreciated.

Jogging

Anyone interested in joining the NTC 100 Mile Running Club can contact Petty Officer Upson at X5610/4752 or 855-6942 after 1700. This club's goal is to run 100 miles in three months.

NRMC SPORTS

By HM2 Robert G. Greene, USN

Basketball

As of press time, our NRMC #1 ranks second in the team standings and our NRMC #2, twelfth. NRMC #1, despite the super play of Maurice Shaw, Rudy Pearre, and Kevin Johnson, suffered their first defeat bowing to the Bombers in a close one - 56 to 55.

NRMC #2 caught fire in their game against the Dirt Bags and led by the fine play of Ed Niec and Al Wright they racked up their first win.

JANUARY SCHEDULE

NRMC #1	10 JAN	1845
	16 JAN	1845
	22 JAN	1845
NRMC #2	11 JAN	1730
	17 JAN	1845
	23 JAN	1845
	29 JAN	1845

Commander's Cup Bowling

The NRMC team is having its problems in the CC Bowling League. After eleven weeks of bowling, our team has a record of 12 wins against 32 losses. This team really needs our support! They bowl on Thursday nights at either 1800 or 2000. Call John Arias, X5237, and find out what time they are bowling so you can be there to cheer them on. They need cheering!

Monday Night Bowling

After position night in November, the race for first place honors has tightened up just a bit. The Over the Hill Gang is "on top of the hill" while Paul and the Flip Flops and The Five Pins are taking turns occupying second and third place.

ASK THE SKIPPER

CAPT J. A. ZIMBLE, MC, USN

Since the last issue of "Vital Signs", I must report to you that there has been only one question put to me for this column. That can mean one of two things: either, (1) people feel it's useless to ask or, (2) the communications here are adequate. Although I wish for the latter alternative, as I examine the one question submitted (which, by the way, is fit to print) some doubts as to that assumption are raised.

Question: Why do most of our staff seem to be so non-informed about information such as new policies, rules and general information? I refer to information that is passed to chiefs of services at meetings which should be disseminated to personnel within the services. It is agreed that most information is directed to physicians, however PA, NP, nurses, and civilian personnel do have a need to know.

Answer: Information provided at the Chiefs of Service meetings is expected to be passed on to all members of their services. I am constantly amazed at how seldom that occurs. (In fact, some of our Chiefs of Service seem "non-informed".) It is specifically for that reason that we are trying to develop alternate communication channels. We all know the Plan of the Day doesn't do it. I suppose it's because the plot's so dull that only 10% get the word via the POD. Hopefully, "Vital Signs", created mainly for the purpose of enhancing communications, will do the job. I hope you will let me know if it's working or if there are other ways we can pass the word up and down the line.

May the new year be a happy one for all the staff, patients and friends of Naval Regional Medical Center, Orlando, and may 1979 be the "year of the word".

DECEMBER WELCOME ABOARDS

LCDR A. H. SOLARES, MC, USN, from NavRegMedBraClinic Hawaii.
ENS M. E. WYNN, NC, USNR, from NTEC, Newport, RI
HM3 T. G. SCHESSLER, JR., USN, from NSHS, SDIEGO, CA
HM1 F. N. LEDFORS, USN, from 3rd FSSG, Okinawa
HR J. M. SCHLICHTING, USN, from HCS GLAKES, IL
HN T. A. GUTH, USN, from NavHosp Key West, FL

JANUARY DEPARTURES

TRANSFERS:

HM1 F. R. MOORE, USN, to USS SARATOGA (CV-60)
HMCS J. W. PHILLIPS, USN, to USS BRYCE CANYON (AD-36)
HM3 C. L. RUFF, USN, to NAS North Island Branch Clinic, SDIEGO, CA
HM2 D. G. CHANCE, USN, to BMR School, Lowry AFB, CO

SEPARATIONS:

LT S. M. THOMAS, MC, USNR
HN R. N. PEARRE, USN
HN D. E. MIRAULT, USN
HM3 R. R. BOYD, USN
HM3 N. D. FONTENOT, USN
HM3 R. A. COURTRIGHT, USN
HM3 R. L. BRUNS, USN
HN S. S. KAEBISCH, USN
HN S. E. FERRIS, USN
HM2 L. J. SNOW, USN
HM3 Q. WIGGINS, JR., USN
HN J. L. GARCIA, USN

WHOOOIZ IT?

HM3

PAUL J. GEARHART,

USN

Nursing Service